

LOW-HISTAMINE FOODS

MEAT AND POULTRY



Fresh Beef | Lamb | Turkey | Chicken | Quail | Duck | Rabbit*

*Freshly slaughtered or flash-frozen immediately after slaughter. The longer the meat is exposed to oxygen, the more histamine forms on its surface. Use quick defrosting — 10–20 minutes in cold water. The strongest sources of histamine in animal products are skin, blood, bones, and cartilage.



FISH

Freshly caught or flash-frozen fish: Freshwater trout (rainbow, river) | Cod | Pollock

FATS AND OILS

Olive oil | Coconut oil | Red palm oil | Pumpkin seed oil | Flaxseed oil | Butter



EGGS

Quail eggs | Egg yolk

BREAD AND GRAINS

Gluten-free, yeast-free bread | Rice (white, brown) | Wild rice | Tapioca | Gluten-free oats | Corn | Polenta | Quinoa | Buckwheat | Amaranth



SPICES

Basil | Mint | Oregano | Parsley | Rosemary | Sage | Fennel | Saffron | Clove | Cardamom | Thyme | Caraway | Cilantro | Coriander | Ginger | Garlic | Turmeric | Sweet paprika | Bay leaf

VEGETABLES



Artichoke | Sweet potato | Bok choy | Sweet bell pepper | Broccoli | White, green or red cabbage | White onion | Carrot | Cucumber | Pattypan squash | Leafy lettuce | White and red radish | Potato | Turnip | Beetroot | Celery | Asparagus | Pumpkin | Cauliflower | Zucchini

FRUITS AND BERRIES



Apricot | Watermelon | Quince | Lingonberry | Grape | Cherry | Pomegranate | Apple | Persimmon | Melon | Blackberry | Cranberry | Coconut | Currant | Gooseberry | Lychee | Nectarine | Sea buckthorn | Peach | Sweet cherry | Blueberry

BEVERAGES

Still drinking water (not enriched with iodine, fluoride, or sulfur) | Coconut water | Rice milk | Cranberry juice | Gluten-free oat milk | Chamomile tea | Sage tea | Ginger drink



NUTS, SEEDS, LEGUMES

Brazil nut | Macadamia | Pumpkin seeds | Chia | Poppy seeds | Flax seeds